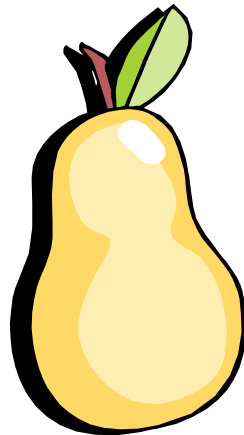


Perfect Pear

PEAR FUN FACTS

- Pears are a member of the rose family.
- There are more than 3,000 varieties of pears grown throughout the world. Most of the pears produced in the United States come from Washington, Oregon and Northern California.
- Pears grow on trees that can live for 100 years. When a new tree is planted, it takes 5 to 7 years before it produces fruit.
- Pears are a great source of fiber and vitamin C. Just one pear has 16% of the fiber your body needs for a whole day!



Nutrition Facts

Serving Size = 1 medium pear	
Calories	98
Fat	0 g
Protein	0.6 g
Fiber	5 g
Vit. A	38 IU
Vit. C	7 mg
Potassium	208 mg

Types of Pears

Although there are 3,000 varieties of pears, there are four that are the most popular in the United States.

Bartlett Pears

- Shaped like a bell.
- Change from yellow to green when ripe.
- Good for eating fresh because they are sweet and juicy.
- Available from July to December.

Anjou Pears

- Oval shaped with a thin outer skin.
- Light green in color.
- Good for eating fresh.
- Available between October and June.

Bosc Pears

- These pears have a long neck and rough outer skin.
- Cinnamon brown in color.
- Good for baking.
- Available from August to May.

Comice Pears

- Round in shape with a short neck.
- Greenish-yellow in color.
- Good for eating fresh.
- Available from August through April.